

PON the care of the first teeth greatly depends the beauty and stability of the second set; therefore, intelligent care of them cannot begin too early.

Many mothers are of the opinion that keeping the teeth clean is the only requirement. To be sure, cleanliness is of the greatest importance, but there are other important points to be considered. Proper diet is one of these.

For instance, sugars and candies should be avoided, not because their immediate contact with the teeth is in-jurious, but because they frequently produce an acidity of the stomach which greatly affects the teeth.

If a child is ill during teething time. Its system often lacks the necessary amount of bone-making elements; and in such cases a little limewater in the milk is most beneficial. When it begins to take something besides milk, plenty of cereals that are rich in bone-making

elements should be given.

teeth. Select a tiny toothbrush, soft and pliant; use every inducement—even bribery is permissible in this case—to obtain its regular use. Keep this up until it has become a well-established habit.

At the first sign of decay consult a dentist. To lose the first teeth prematurely is a pity, as it affects the durability of the second ones.

When the second teeth commence to appear, a dentist should examine them at least twice a year. Care must be taken that they are not crowded or allowed to come in unevenly. In this way much pain and even later disfigurement may be avoided. may be avoided.

Teeth have often become blackened and disfigured beyond redemption by strong medicines given in childhood. This seems like criminal carelessness on the part of parents; of course, it is only thoughtlessness; but the results are just as cruel and far-reaching as though a real injury had been intended.

Medicine that may blacken the teeth or injure the enamel should always be given through a glass tube. Just as early as possible start train-ing the child in the care of its own given through a glass tube.

## Queries Answered by Mrs. Symes

A tiny tooth brush used frequently

E. L.:
Peroxide of hydrogen is an excellent face bleach. Care should be taken not to get any of it on be taken not to get any of it on the hair or eyebrows, as it will change the color. If the brown spots on your face are moth patches, the following formula will prove beneficial. If, how-ever, they are moles, you will need the services of an expert for their removal.

To Remove Moth Patch. Cocoa butter, 10 grams; castor cil, 10 grams; oxide of zince 20 centigrams; white precipitate, 10 centigrams; essence of rose, a dema Apply to the moth patch night and morn-

As the wrinkles under your eyes seem As the wrinkles under your eyes seem obstinate, try using cocoa butter, which is excellent for filing up the tissues of the skin. Rub it in gently every night before retiring, and wash the face with cold water in the morning. Do not use the cocoa butter too frequently if there is any tendency to growth of superfluous beir

Yours is a peculiar trouble, and I advise you to consult a reliable physician in regard to it. Am sorry I cannot help

Orange-flower cream is excellent for building up the tissues of the skin. Any druggist will prepare the formula for you.

Excessive Oiliness of Hair tyou have published in your paper from time to time a recipe for oily hair. The recipe I refer to had cochineal in it, which gave the hair a reddish tint; also the recipe made the hair crispy.

I had saved the clipping from a paper two years ago, and lost it. If you still will you kindly republish it?

S. C. P.

ion for Oily, Damp Hair. easy, moist hair, the following is an drying lotion. If used daily, it produce a crispy condition and an hade:

- owdered bicarbonate of soda, borate of soda (slso powdered), ¼ ounce of each; eau de cologne, 1 fluid ounce: alcohol, 2 fluid ounces; tincture of cochineal, ¼ fluid ounce; distilled water, 16 ounces.

Mix and agitate until solution is complete.

To Darken the Brows A short time ago you published the name of a certain kind of stain for the eyeorows and eyelashes. I have forgotten the name, but think that it was some kind of Chinese stain.
I would greatly appreciate your kindness
if you would please publish same again.
PANSY BLOSSOM.

Chinese Eyelash Stain. Gum arabic, 1 dram; india ink, 1/2 dram; rosewater, 4 ounces.

Powder the ink and gum and triturate small quantities of the powder with the rosewater until you get a uniform black liquid in a powder, and then add the remainder of the rosewater to it. It should be applied with a tiny camel's hair brush.

Hair Prematurely Gray Will you kindly inform me what can be done for my prematurely gray hair? I am in the early twenties, and my hair is already streaked with gray through the front. I see you mention a "physician's prescription" as excellent for this. Could you kindly publish it?

[The Division's Permedy has been much The Physician's Remedy has been published since receipt of your letter. This is, of course, a dye for the hair. As is, of course, a dye for the half. As you are very young to have gray half. I think it quite possible that a reliable hair expert might be able to restore the color without using a dye. Proper scalp treatment will often do a great deal in

Annoying Dandruff Will you kindly give me a recipe for my hair? It is very dry, and no matter what I do with it, I can't seem to get the dandruff out. Also, tell me what will stop it from falling out. I hope you will be able to help me. If you get rid of the dandruff no doubt your hair will stop falling. Use the dandruff cure for which I am giving you formula, and shampoo about once in three weeks with the following mixture:

Egg Shampoo. Yolk of one egg, one pint hot rain water, spirit of rosemary, one ounce. Beat the mixture thoroughly and use it warm. Rub it well into the scalp and rinse with several clear waters.

To Remove Dandruff. Tincture of cantharides, one ounce; liquid ammonia, one dram; glycerine, half ounce; oil thyme, half dram; rosemary oil, half dram. Mix all together with six ounces of sewater. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

## Various Kinds of Baths That Promote

By Dr. Emma E. Walker Copyright, 1905, by A. S. Barnes & Co. N one of the most charming of modern tales you remember how the lit-tle hero crept out from his sick bed to lie in the dust of the road in the sunshine, and was found there in his irst peaceful sleep by those who had lespaired of his life. Few of us realize the wonderful, health-giving power of the sun's rays. It is well known that people who live in spales rooms are never really really in sunless rooms are never really well. I have heard that the life insurance rate is higher in the case of a man who spends his days in a sunless office. If you go into a hospital, you will see that the wards are exposed to the sun and air. The effect of dark living rooms on the weak or sickly is very noticeable. Sunlight is a powerful disinfectant and sterilizer. Sun baths have many devotecs. Either a part of the body may be exposed or the whole. exposed or the whole.

For the thin, pale girl the sun will work wonders. And as a remedy for insomnia it is invaluable. It causes abundant perspiration, which is a great cleanser of the body.

The general method of taking a sun bath is as follows: In our climate the sun bath room should have a southern exposure, with generous sloping windows. The patient should lie on the couch, uncovered, or with a covering of thin cheese cloth. A cot is really better than a couch. The cot is placed in front of the window. Care should always be taken to protect the head from the direct of the window. Care should always be taken to protect the head from the direct rays of the sun.

The proper length of the bath varies according to different factors, chief among which is the physical condition of the individual. The very feeble often cannot well bear more than five minutes' exposure, while the robust can stand it for three-quarters of an hour.

Of course, the intensity of the sun's rays must be taken into consideration. Another factor is the extent to which the body is exposed. There is nothing

Another factor is the extent to which the body is exposed. There is nothing more strengthening to one convalescent from a long siege of fever like typhoid, or from a weakening disease such as diphtheria, than a sun bath.

The specific effects of a sun bath are The specific effects of a sun bath are many. It is a decided tonic; it acts beneficially on the nervous system and upon all the vital functions. It is valuable not only in health, but in disease

Mud used for baths generally contains alkaline and saline substances. These stimulate the circulation of the skin. It is said that the constituents of the mud simply act upon the skin, and are not absorbed by it. The patient lies in a tub filled with this mud, which is about as thick as mush. It is generally employed in cases of gout and rheuma-

The effect of cold air on the body is The effect of cold air on the body is about the same as that of cold water, though it is less severe. The refreshing effect of this bath can be realized from the delight with which we hail an ocean breeze on a hot summer day. This effect accounts for the use of the fan. Cold air is a powerful tonic. One of the first to call attention to the benefits of this bath was Benjamin Franklin.

He used to walk about in his room at night before retiring after his clothing had been removed.

The air bath may also be taken out-ofdoors, within high-walled inclosures
which are provided for this purpose.
There is no question but that the modern use of clothing hinders the proper
function of the skin in many respects.
Clothing retains positions exhalations had been removed. function of the skill in halfy respects.

Clothing retains noxious exhalations which should be thrown off.

Lying in cool, pure air promotes appetite and aids digestion, and its beneficial effects are quickly felt by those who try it.

The sand bath is also of value, and can be easily taken at the seashore.
When the sun is very hot, the head should be protected by a cool cloth.
When the skin is inactive, as is often the case in dyspepsia, this bath is very useful.

The indoor air bath is well accompanied by active exercise. It is well to have the temperature from 50 to 60 degrees. It may be much lower if the body is protected by a woolen blanket; in order to get the best effects it should be combined with a sun bath.

DERHAPS few of us realize that nothing so quickly affects the beauty of the face as one's thoughts. But this is true, never-If you want to become possessed of a beauty which is more than skin deep, cultivate beautiful thoughts and acquire a beautiful mind, which will

surely reflect in your face and give you a beauty of expression which time and age cannot mar.

A woman who is qualified to talk on A woman who is qualified a this subject says that she has found a beautiful book of poems to be a beautifier, far more beneficial than all the

advice recommended by beauty special-After a hard day's work, or when threatened with an attack of the "blues," she always turned to a beautiful poem to-as she expressed it-put her thoughts in order.
In this way her mind was engendered

with beautiful thoughts, which pene-trated the whole being. The outward effect was soon perceptible. It showed in the poise of her head, the light in her eyes and even in the tone of her voice. There is no doubt that ugly thoughts destroy beauty. Many women who are

not beautiful owe their condition to ugly, gloomy thoughts. They allow themselves to dwell on trifling annoyances and commonplaces, never seeking to elevate themselves and their thoughts above the dreary monotony of common, everyday existence.

Try cultivating a cheerful expression instead of a gloomy one, even if it is an effort; just making the effort is a step in the right direction.

When you rise in the morning form a resolution to make the day a happy one to a fellow-creature. It is easily done-a left-off garment to the woman who

needs it, a kind or encouraging word to some one-trifles in themselves light as air; but they will have an everlasting and beneficial effect on the recipient and secure for you beauty which is not merely a skin-deep affair. So guard your thoughts, since they are the die which stamps your face. Try
these simple rules of hygiene and beauty:
Be careful what you eat and drink and
how and when you do it. Breathe deeply of pure, fresh air. Walk in the sunlight when possible, and keep your mind in such a condition that only beautiful thoughts will be reflected in your face.



Beautitu

## Some Good Formulas for Beautifying the Face and Figure

To Remove Freckles I wrote to you some time ago for advice. Not seeing anything in print that I asked for, I take the paper in order to get some of your recipes. Among them was something to remove freckles—to take the top skin right off, without injuring it. Also, something to keep them off in the summer months.

I do not recommend any preparation for freckles that will remove the outer skin. The following paste has proved beneficial in cases of stubborn freckles. There is no absolute preventive from freckles. However, by way of protection before exposure to sun or wind, rub in a good cold cream, wipe off with soft cloth and dust over with a good toilet powder.

For Obstinate Freckles. Oxide of zinc, 1/2 dram; subiodide of bismuth, 1/4 dram; dextrine, 1/4 drams; glycerinc. 1/2 drams.

Spread the paste upon the freekles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

Two Queries Answered Will you kindly answer a couple of questions and very greatly oblige a reader?

I made up the formula for orange-flower cream, but as no instruction was given in regard to allowing it to boil. I was at a loss to know whether it was necessary only to melt the ingredients; so I allowed the mixture to boil. Was that wrong, and, if so, do you think it has taken away all its virtue? I also had the formula for cily half made up, the one calling for sodium bicarb, sodium borate, tincture cochineal, cologne, alcohol, etc. Is that intended to be used full strength and rubbed into the scalp, or diluted in water and the hair shampooed with it?

In making the orange-flower cream it In making the orange-flower cream it is only necessary to melt the ingredients, but I do not think that allowing it to boil would affect the cream to any extent. The lotion for oily hair is to be applied full strength to the years of the applied full strength to the roots of the hair.

Found Exercises Beneficial Would you kindly tell me what would be good for filling out the face and making it round and plump; also for filling out the temples?
I found the movements for reducing the waist very satisfactory, and would like to know if there is any way in which to reduce the body.

My upper lip is losing its beauty; the skin seems loose, and lets the lip fall so the red scarcely shows. Is there anything that will draw it back to its proper place or restore it to its natural beauty? M. J. There is nothing better than continued, gentle massage with a good skin food for filling out the face. Am glad you found the exercises for waist reduction beneficial. Since receipt of your letters others have been published for keeping the body slender. To improve the appearance of your lips train them in the desired direction by pinching gently between the thumb and fore-finger.

To Keep Complexion Soft Will you please tell me what is the best

thing for the complexion, to make the skin soft and white-just a simple remedy?

ETTA LOUISE. Keep your skin clean by washing it at least once a day with warm water and almond meal, rinsing afterward with clear, cold water. At night, before retiring, massage gently, using a good

How to Apply Cream Will you please answer these questions for me? Will you please answer these questions me?

How should the orange-flower cream be applied on the face and neck? Should the face be washed in warm water (as hot as one could stand), then apply cream? Should it be left on over night, or how long should it remain on then? Must warm water and a good soap be used to wash it from the face? Does it Injure the skin to steam the face for ten or fifteen minutes?

FARGO.

The best way to apply the orange-The best way to apply the orange-flower cream is to first bathe the skin in warm water and then rub the cream well into the pores of the skin, wiping off with a soft linen cloth. When the cream is applied as a protection before exposure to sun or wind, it is better not to use the water, simply apply the cream and wipe off gently afterward.

Excessive Perspiration of Feet I am a constant reader of your department, and would like to have you inform me if the use of glycerine on the face will produce hair. My face chaps easily, and glycerine seems the only thing that helps it. Also, I would like to ask you for a formula for perspiring feet. Some time ago you published a recipe in your paper which was excellent, but I have lost it. I think it was: Amyllum, one dram; oxide of zinc, one dram; boracic acid, one dram. Now, I would like to know if you remember it, and if this is correct?

Clycerine will not promote a growth of and if this is correct?

Glycerine will not promote a growth of superfluous hair on the face. I do not remember having recommended the lotion referred to for excessive perspiration of the feet, but the following lotion has been used with excellent results by many of my correspondents: Excessive Perspiration of the Feet. Tannic acid, eight grams; bay rum, four fluid ounces.

Mother Asks Advice I have a little girl 2 years of age, whose hair grows very thick but is exasperatingly short. I wash it every morning, but it does not grow any longer. I wish you would help me in this matter. If you could give me some recipe to assist in growing the hair you would greatly oblige.

A MOTHER. If the child's hair is thick, it shows If the child's hair is thick, it shows that it is in good, healthy condition, and it will no doubt grow longer in time. Washing the hair every day is entirely too often; once in several weeks is quite frequent enough. Keeping the ends trimmed promotes a healthy growth.

Regrets Loss of Formula Some time during November or December you published a formula for face cream containing lanolin, spermaceti, white wax, cocoanut oil, oil of sweet almonds, neroil.

etc. There was no mutton tallow in it. Will you be kind enough to publish that again, as it was the finest cream I ever used? I though I kept the formula, but cannot find it.

LOUISE. Orange-Flower Cream. White wax, 1 ounce; spermaceti, 1 ounce; lanelin, 2 ounces; cocoanut oil, 2 ounces; orange-flower water, 2 ounces; oil of sweet almonde, 4 ounces; tincture of benzoin, 30 drops.

Melt the first five ingredients together.
take off the fire and beat until nearly
cold, adding little by little the benzoin
and, lastly, the orange-flower water.

Wants to Stain Skin Could you kindly give me a formula of a lotion for staining the skin a dark brown, that is not injurious to use and will not wash off readily?

C. C. B. wash off readily?

I have no formula for lotion that will stain the skin dark brown, but advise you to write to a reliable dealer in cosmetics, who will be able to furnish you

To Round Out the Wrists In your reply to some one who asked how to plumpen their wrists, you told them to use a good skin food. Will you please tell me a good skin food to use? I would like to fatten my arms and neck. M. S. S. like to fatten my arms and neck. M. S. S.
Orange-flower cream, formula for which is frequently published in this department, is an excellent skin food. Cocoa butter is very good for building up the tissues of the skin, but should not be used when there is a tendency to growth of superfluous hair.

To Whiten the Neck I notice that you give peroxide of hydrogen for whitening the neck. Will you please tell me if the neck will remain white, or if in time the skin will become dark from using the peroxide of hydrogen? My neck is very yellow, and creams do not seem to whiten it at all.

After the skin has been bleached with peroxide it usually remains with peroxide, it usually remains white for some time.

How to Apply Henna Will you please tell me through your col-umns how henna should be applied to the hair? Should the pint be diluted with water or applied by itself? N. W. Henna may be applied in several ways; Henna may be applied in several ways; the simplest and easiest way for the amateur is to use a tea made of the leaves. In preparing the tea, use an ounce of leaves to a quart of water, and boil the whole down to one pint. The stain should be applied to the roots of the heir with a small brush; a clean the hair with a small brush; a clean toothbrush will answer. Next, with an ordinary hairbrush, distribute the henna through the hair evenly. Dry thoroughly oftenward either in the sun or oughly afterward, either in the sun or

Skin Very Sensitive I have noticed several valuable sugges-tions in your beauty columns and I am go-ing to ask you if you can help me. My skin, itches every time I take a bath, and I have tried several kinds of sears and have thoroughly rinsed myself after

Your skin is evidently very sensitive and easily irritated. I think you would find the application of a good toilet powder after the bath very soothing. Exercises for the reduction of the abdomen have been published since receipt of your inquiry. Glycerine and rosewater will not promote growth of superfluous hair.

Burns Leave Scar Will you kindly tell me if you know of a cure for a scar left on the neck by a burn caused by iodine? I also have scars on my arms from burns. My hair is very thin. There does not appear to be very much dandruff, but the scalp seems to be diseased around the crown of the head. Which of your remedies would you advise me to use? To remove the scars on your neck and arms try rubbing several times a day with witch hazel cream and at night apply the following salve:

To Remove Scars. Lanolin. 3 drams; olntment of binlodide f mercury, 1 dram. Rub in well once

Young Mother Asks Advice Will you kindly advise me as to whether Dr. Vaucaire's remedy for bust development will give the desired results to a young mother and will it affect my baby in any way? Would it be advisable for one to use the orange-flower cream and the lotton for light ireckles and sunburn at the same time, or would ene interfere with the other? By answering these questions you will greatly oblige. A YOUNG MOTHER. The Vaucaire remedy would be very beneficial in your case, and will not affect the baby in any way. The orange-flower cream and freckle lotion will not conflict with each other, but should not be applied at the same time.

Down on Lip I am troubled with a light growth of hair around my mouth. Will you kindly tell me the probable cost of removing it by means of the X-ray, and if the operation is at all painful?

Will you also tell me if peroxide and ammonia, if used faithfully, will remove it permanently in time, and will you kindly tell me how it is used? I have never used anything to try and remove it, consequently the hair is very soft.

Commercial rates are not given in this department, but I think it oulte possible Commercial rates are not given in this department, but I think it quite possible that you can arrange to have the superfluous hair removed by the X-ray at a moderate cost. The peroxide and and monia treatment is not recommended as a permanent cure, although its continued use sometimes kills the roots of the hair and thus effects a permanent removal. Wash the affected parts with a solution of water and ammonia and then apply the peroxide with a solution.